HEALTH ACTION ALLIANCE | NATIONAL COMMISSION ON Climate and Workforce Health

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HURRICANE DISASTER RELIEF RESOURCES

To supplement local guidance, we've curated helpful information to share directly with employees impacted by Hurricane Helene and Hurricane Milton.

PHYSICAL NEEDS

- **American Red Cross:** Visit their website to find shelter, food, and water in your area.
- **FEMA shelters:** If you are currently affected by Hurricane Milton and need a safe place to go, text SHELTER and your zip code to 43362 for a list of open locations. For Hurricane Helene, text 43573.

POWER OUTAGES AND COMMUNICATIONS

- **Radio:** Use battery-powered radios for emergency information and conserve your phone battery.
- **Voicemail:** Update your voicemail with your safety status, your phone battery level, and when you'll turn your phone on to check messages.
- **Power:** Check with local authorities for locations of charging stations and Wi-Fi hotspots.

RECOVERY AND FINANCIAL SUPPORT

- **FEMA Disaster Assistance:** Apply online or call 1-800-621-3362.
- **Insurance:** Contact your insurance provider as soon as possible to begin the claims process.
- **Local FEMA Disaster Recovery Centers (DRCs):** Get in-person help with aid applications. Find the nearest DRC online or by calling the helpline at 1-800-621-3362.
- **Small Business Administration:** Apply for low-interest business or homeowner disaster loans.
- **Avoid scams:** Beware of identity theft, charity fraud, phone and text scams, and disaster relief scams.

LONG-TERM SUPPORT

- **Employment:** State workforce agencies provide unemployment benefits and job search assistance for people impacted by disasters.
- **Mental health:** The Disaster Distress Helpline (1-800-985-5990) provides 24/7 crisis counseling and support via phone or text message.